



	6.30-7.15am	9am-10am	10am-11am	11am-12pm	1pm-2pm	2pm-3pm	3pm-4pm	4pm-5pm	5pm-6pm	6pm-7pm	7pm-8pm	8pm-9pm
Upstairs <b>MONDAY</b>	Early Circuits Spike								Core Fitness Pilates	Core Fitness Pilates	BJJ Gold Team	
Downstairs										Taekwondo Sparring All Ages & Grades 6pm-8pm		Circuits Spike
Upstairs <b>TUESDAY</b>											7-8.30pm Yoga	Thai Box 8.30-9.30
Downstairs								GYMNASTICS Helen	TKD 5-8yrs old	TKD 8-12yrs	TKD 12-16yrs	TKD Adult
Upstairs <b>WED/DAY</b>	Early Circuits Spike								Stretch&Tone Helen	SEProductions 6-6.45 9-10yrs	6.45-8pm Yoga	BJJ Gold Team
Downstairs	Rise & Shine Louise	9.15-10.15 Core Barre Core Fitness					SE Productions 3.30-4.15 3&4yrs    4.30-5.05 5&6yrs    5.10-5.55 7&8yrs			Circuits Rob	SE Productions 7.15-8.05 11-14yrs    8.15-9.15 14yrs plus	
Upstairs <b>THUR/DAY</b>											Perform Acrobatic Arts SE Productions	
Downstairs			9.15-10.15 Pilates Core Fitness	10.30-11.30 Pilates Core Fitness				GYMNASTICS Helen	TKD 5-8yrs old	TKD 8-12yrs	TKD 12-16yrs	TKD Adult
Upstairs <b>FRIDAY</b>	Early Circuits Spike									Adult Dance class SE Production	Thai Boxing 7-9pm	
Downstairs	Rise & Shine Louise								TKD 5-8yrs old	TKD 8-12yrs	TKD 12-16yrs	TKD Adult
Upstairs <b>SAT/DAY</b>		BJJ KIDS 9.30-10.30	BJJ Gold Team	BJJ Gold Team								
Downstairs					TKD Colour Belt	TKD Patterns	TKD Black Belts	TKD Sparring				
Upstairs <b>SUNDAY</b>				TAE-BO 12-1pm						6pm-7pm Yoga	Taiji Focus (Taichi) 7-8.30pm	
Downstairs												